

“What do you do when you believe in God but still worry all of the time?”
Matthew 6:25-34

“Yesterday is gone, tomorrow is not yet here, today is all we have.”

My greatest worry: _____

“Everything that does not come from faith is sin.” Romans 14:23

“God has not given us a spirit of fear and timidity, but of power, love and a sound mind.” 2 Timothy 1:7

What is fear? False Evidence Appearing Real

Principle: Worry is a learned response. Whatever can be learned can be unlearned.

Three steps toward freedom from worry:

1. Have a right understanding of faith.

“If you are wise, your wisdom will reward you.” Proverbs 9:12

2. Have a right understanding of prayer.

“Don’t worry about anything instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6, 7

3. Have a right understanding of your thought life

“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely; whatever is admirable; if anything is excellent or praiseworthy, think about such things.”
Philippians 4:8

“When I am afraid, I will put my confidence in God. Yes, I will trust the promises of God.”
Psalms 56:3

“The secret conversations you hold in the privacy of your own mind are shaping your destiny, little by little.”

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” Romans 12:2

“With the Lord, a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you.”
2 Peter 3:8, 9

Principles: No matter what happens, trust God.

Put God first

Live one day at a time

Today is all you have
Today is all you need
Today is all you can handle.
Give your worries to God

"Every evening I turn my worries over to God. He's going to be up all night anyway." Mary Crowley

"I put you, Jesus Christ, in first place in my life, in every area. I commit to live one day at a time. I trust you for the things that are beyond my control. I give my worries to you. I pray this in Jesus name. Amen."